

Boston Rowing Club

**Boston Head**

# Sunday 19 January 2020

**Competitors Race Instructions and Local Rules**

(v2.1 - 141219)

Event location: Boston Rowing Club, Carlton Road, Boston, PE21 8LL

Race Committee: P Latka (Chairman), Robert Parker , Oliver Tunnard

Safety Advisor: Nigel Allen

Welfare Officer: Pat Bunyan

Race Secretary: Adrian Apletree

It is the responsibility of all competitors to study these instructions together with the Course Map and the Start & Finish Area Circulation document within the Boston Head Safety Plan 2020.

See Safety Plan on Boston Rowing Club website.

**Pre-start Circulation and Enhanced Boathouse Facilities**

* The rotational circulation has been replaced by an encouragement for competitors to row up to the 43k sign (Div 1), 45k sign (Div 2), and turn around the Umpire launch at that point (take note of any instructions given). Then row down to your Marshalling point. At all times keep to starboard (Bow side to the bank). It is hoped that with a steady row up to the ‘Start’ using this extension, crews should have a minimal wait before starting the race.
* Any athletes who may suffer from the effects of cold, could disembark at Langrick Bridge (Div1) or Antons Gowt (Div2) and take refuge at the ‘hot-spots’ of Langrick Café and The Malcolm Arms respectively.
* The Boathouse on Carlton Road will be partially cleared of Club boats and equipment. This will be to facilitate additional areas within the Club accommodation equipped with hot air blowers.
* Crews and supporters will be able to congregate and recover in heated areas if we experience cold conditions on Event day, and a heated area for any First Aid treatment if required. We hope this development will give Clubs and crews additional and enhanced facilities to ensure everyone visiting Boston on Event day has the opportunity to get / keep warm pre and post-race.

# Parking

There is ample space for car and trailer parking in the grounds of the Boathouse. However, please take instructions from Boston Rowing Club Stewards to ensure all vehicles are parked in a safe way to make best use of the available parking and trailer areas.

The parking is on a grass field – if you are not prepared to park on the field, please park in town and walk to

The Boathouse. The parking around the streets of the Rowing Club is to provide parking for residents only.

Please also note the parking maps available. Trailers won’t be able to park in the main Club car park.

# Registration

On arrival, please proceed to Race Control in the Boathouse to check in, pick up numbers, make alterations to crews etc. All competitors must produce their British Rowing racing license on request.

# Refreshments

Tea, Coffee and Hot Food are all available in the Boathouse throughout the day. Why not try a “Boston Legend’ after your race!

# Boating

* Boating is in race order – the first boat to start is the first boat onto the water.

**Division 1** Boating at 09.00 – 10.00

**Division 2** Boating at 12.30 – 13.30

* Boating for each division will be called in numerical blocks i.e. 1-10, 11-20 etc. If your crew fails to boat by the time the next block in underway, they will be required to clear the boating area & wait until all other crews have boated. They will then be permitted to boat if time permits, but may have to race Time Only if unable to join your competition. It is helpful if crews stay as close to numerical order as possible whilst rowing up to the start.
* Please be ready to boat when called.
* Please ensure that you have your blades near the staging area before taking your boat.
* Clear the staging’s as quickly as possible.
* Whilst in the boating area you are under the control of the Umpires & Marshals in that area and are required to follow their instructions.
* Crews may require wellingtons for boating depending upon the water level. Sliders are advised.

Large bags will be available for crews to keep all their wellingtons/sliders together for when they return to the staging’s after the race.

* It is the responsibility of the Coxswain and all competitors to ensure they leave suﬃcient time to get to the start. More time may be required for novice and junior crews.

# Proceeding to the start

* Once on the water, crews must proceed upstream to the start. Crews must not turn & row back downstream.
* You must give way to overtaking crews and keep to starboard (the Cox’s right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their port side.
* After arrival in the start area, listen to the instructions of the start Marshals. Coxes must acknowledge instructions from Marshals.
* Any crew member who may suffer from the effects of cold exposure can disembark on the staging’s at Langrick Bridge (Division 1), and Anton’s Gowt (Division 2), and take ‘refuge’ at the ‘Hot-spots:- Division 1 = Langrick Café, Division 2 = The Malcolm Arms

# The Start

Division 1 racing begins at 10.30 – or earlier if possible

Division 2 racing begins at 13.45

**Division 1:**

* Crews must boat in Numerical order. Lowest number first.
* A Marshall will be posted on the landing stages at Langrick Bridge. This is a hotspot where crews can be extracted and facilities in the Station Cafe are on hand in any competitors are struggling with the conditions.
* Crews will turn around a buoy just past Langrick bridge (43k sign) as part of the 5k circulation pattern.
* Safety Launch 1 and 2 will be stationed within the circulation pattern to assist with communication to crews regarding exiting the circulation pattern in an orderly manner, as well as safety function.
* All crews will circulate until the last single sculls pass the staging’s at Antons Gowt (This is also a marshalled hotspot where crews can be extracted and facilities available at The Malcolm Arms for any competitors struggling with the conditions.
* Once the last sculler is past Antons Gowt the race will start. The Start shall be clearly marked but crews will be told to “GO!” from 150m upstream to enable crossing the start line at race pace.
* Marshall's will be on hand down the straight towards Antons Gowt to pull scullers in to the bank who are rowing up to the Start, and warn overtaking racing crews.
* An umpire will be stationed on both sides of Antons Gowt corner. 1st on the upstream end of the Landing stages and another on the far side near the fence around the corner on the Witham Cottage side. Safety launch 3 will be positioned at the small slipway on the Enclosure. These are to make overtaking safe, urging slower crews to allow the passing of faster crews and ensure safe passage without collision with the metal staging’s at the Farm House.
* Safety launch 4 will be positioned at the 1k sign with views both ways up and downstream.
* The finish will be 250m upstream of the 50k sign on the clubhouse side. We will aim to have distance signs at 500m intervals.
* The move of the Finish upstream will allow more room for crews to wind down without encroaching on the finish area.
* Safety launch 5 will be anchored in the middle of the river (just passed the 50k sign – 250m after Finish), to encourage swift circulation around the buoy and into the stages to disembark.
* Bags to be used for the storage of shoes and Wellington boots as crews boat.
* Suitable gaps can be put in between events to assist in less congestion at the staging’s with crews getting off the water.

**Division 2:**

* All will be replicated as above for Division 1 except the circulation will move to the 45k sign upstream.
* Marshall's will organise crews in numerical order on the clubhouse side of the bank on both divisions. Launches can also be helping with this.

# During the race

* You must give way to overtaking crews and keep to starboard (the Cox’s right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their port side.
* Coaches are welcome to follow crews along the path of the old railway line. However, please ensure your crews are competent at steering. Crews were getting into trouble last year as it seemed they were rowing on the Port (Stroke) side of the river to hear instructions from Coaches. There are more hazards with trees protruding out on that side and race instructions ask for you to move over to starboard if being overtaken.
* Be aware of the bend at Antons Gowt – the only real bend on the course. Do not take a course too close to the inside of the bend due to the depth of the water and the reed bed.
* Just downstream of Anton’s Gowt is a metal jetty on the starboard side. This is usually marked with buoy. Beware! Additional buoys will be sited to highlight this hazard.

# The finish

* The finish will be clearly marked and an airhorn will sound as you cross the finish line.

* Once over the finish line do not stop, but move on as quickly as possible to allow room for boats still finishing steering to port, watching out for boats returning to the staging as you carry on downstream.
* Do not attempt to turn until you are past the buoy positioned in the center of the river just beyond the landing staging.
* When returning to the boating stages please keep to the boathouse side of the river. Follow any instructions that may be given to you by the Marshals while you are in this area.
* Please clear the stages as quickly as possible.

# Results and Prize Giving

Provisional results are usually available Live at the Boathouse. The presentation of prizes will commence as soon as possible after the completion of the days racing.

The final results will be posted on the club website- [www.bostonrowingclub.co.uk](http://www.bostonrowingclub.co.uk/)

# Safety

* The entire course is within view of Race Monitors and other oﬃcials.
* Any crew withdrawing from the race must inform the nearest Race Monitor or oﬃcial and maintain a safe position.
* First Aid facilities will be provided at the Boathouse – LIVES (Lincolnshire Integrated Voluntary Emergency Service) will be in attendance.
* In the event of a capsize remain with your boat, and move to the nearest bank or most accessible bank if able. The Race Monitors observing will either assist themselves or call in a safety launch.
* If a thunderstorm occurs the event organizers will use the 30-30 rule to analyse the severity and location of the storm… “Play shall stop when the flash to bang count is 30 seconds and shall not resume until 30 minutes after the last lightning”. Instructions on actions to be taken will be conveyed via the Race Monitors and officials.
* Please familiarize yourselves and comply with British Rowing Guidance on waterborne diseases.
* In the event of the weather or other incidents causing the event to be stopped, instructions will be disseminated via the Race Monitors and other officials.

**If you have any further questions, please contact the organizing Committee via the Boston Rowing Club**

**email:**

bostonrowingclub@gmail.com

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| **Useful Numbers** |  | |
| Race Committee Chairman: | Phil Latka | 07960 289022 |
| Safety Advisor: | Nigel Allen | 07795 024172 |
| Welfare Oﬃcer: | Pat Bunyan | 07502 144183 |
| Race Secretary: | Adrian Apletree | 07778 232562 |

# General Information / Rules & Local Rules

https://www.britishrowing.org/wp-content/uploads/2019/03/2019-Rules-of-Racing.pdf

* The race is run under British Rowing Rules of Racing (see link above) and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
* In both Divisions crews will go off in boat class order with gaps put in place to ease congestion on the landing stage’s e.g. 8’s, 4x &4-/+, 2x & 2-, then 1x. It is advised that you try and avoid entering a single in Division 1, and then an 8+ in Division 2. You will have very little time to prepare in between races.
* The Committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
* All competitors British Rowing membership cards may be checked.
* You must ensure your boat complies with the British Rowing Rules of Racing guidance - inspection may take place and you may be refused permission to launch your boat.
* Bow Numbers will be issued at registration. Boats are required to have suitable fittings to display Bow numbers so they can be clearly visible to Race Marshals. Failure to suitably display your number may result in no time being registered.
* All coxswains must wear a suitable life jacket or buoyancy aid.
* Local Rule: Coxswains will not be weighed for this event. However, please familiarize yourself with Rule 7-2-7. All coxes are expected to have weighed themselves beforehand, and carry appropriate weight to comply with the required minimum weight for your crew. Spot checks may be carried out.
* You must give way to overtaking crews and keep to starboard (the Cox’s right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their port side.
* The River Witham is a Canals and River Trust controlled navigation. Competing clubs who normally row on non-CRT water are asked to ensure that they have the appropriate licenses.
* Crews may be instructed to withdraw by Marshals if it is decided by the Safety Advisor or Race Committee that continuing may inhibit the safety of other competitors or the smooth running of the event.
* Crews must ensure they are wearing suﬃcient clothing for the prevailing weather conditions. Boston Head is rarely warm and you may not be allowed to boat if not suitably prepared for the conditions.
* Inexperienced crews should have experienced coxes
* Local Rule: Coxes of inexperienced junior crews can be adults
* Racing Kit: The rules on kit are the same for Head races and regattas (rule 7-2-5 still applies). This means you must wear the racing strip of the club you are listed as racing for on the draw. There is no limit to what you wear underneath your racing kit (please be warm).
* Coxswains must be knowledgeable of boating instructions, the course, their crew’s ability, weather conditions and safety procedures.

**THANK YOU, AND WE HOPE YOU ENJOY THE DAY**